

Studio Rep Proceeds to Improv

NEWS, PAGE 21

Members of Studio Rep perform
at Code 20 improv at the
Old Firehouse Teen Center.



McLean Chamber Honors Educators

NEWS, PAGE 3

Celebrating 'Everyday' Heroes

NEWS, PAGE 19

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From left, Del. Barbara Comstock (R-34), Supervisor John Foust (D-Dranesville) and McLean High School senior Ayesha Faisal, who was awarded the Greater McLean Chamber of Commerce's education award Thursday, May 9.



From left, Del. Barbara Comstock (R-34), Supervisor John Foust (D-Dranesville) and Norma Jamsheed of Langley High School. Jamsheed was named the Greater McLean Chamber of Commerce's Langley employee of the year Thursday, May 9.



From left, Del. Barbara Comstock (R-34), Supervisor John Foust (D-Dranesville) and Langley High School junior Jackie Ryan. Ryan was named Langley student of the year by the Greater McLean Chamber of Commerce Thursday, May 9.



From right, McLean High School counselor Christina Spaulding, Supervisor John Foust (D-Dranesville) and Del. Barbara Comstock (R-34). Spaulding was awarded the Greater McLean Chamber of Commerce's education award Thursday, May 9.

McLean Chamber Honors Educators

Langley and McLean High School teachers, students, employees awarded.

BY ALEX MCVEIGH
THE CONNECTION

The Greater McLean Chamber of Commerce honored staff, students and faculty from McLean and Langley High Schools with their annual education awards.

"This is one of the most exciting events throughout the course of the year. We all believe very much in the difference our students and educators make in the community," said John Brough of Chain Bridge Bank, chair of the chamber. "It's our privilege to recognize them today."

Christina Spaulding, Ayesha Faisal and Claire Silva were named the McLean High School employee, student and teacher of the year, respectively.

Spaulding is in her third year at McLean, and has been an active supporter in student wellness programs such as Stress Less, Laugh More and the Acknowledge, Care, Tell program.

Faisal serves as district president for Fairfax County's DECA organization, which she refers to as her sport, as well as secretary and chief of staff for the State Leadership Conference. A senior, she will attend Penn State in the fall.

Silva, who has taught for 14 years, teaches ninth grade biology and 11th and 12th grade oceanography. She has been chair of the science department since 2007, started the school's annual Remotely Operated Vehicle challenge and coaches teachers at the county's Great Beginnings: Enriching the Experience program.

"I love [my job] because I enjoy the journey we travel each year with students and

colleagues to cultivate learning," she said. "Each year I grow as a teacher and as a leader from the uniqueness of our communal symphony."

From Langley High School, Norma Jamsheed, Jackie Ryan and Jennifer Bonafide were named the employee, student and teacher of the year, respectively.

Jamsheed began working at Langley as a parent volunteer, eventually becoming the school's registrar and later principal's secretary, a position she has held through seven principals. She also coordinates substitute teachers at the school.

Ryan, a junior, recently ran for a position of student representative on the county's school board, and serves on Langley's student government association. In that position, she managed the Class of 2013's bake sale, planned the homecoming halftime entertainment and is a member of the New Student Club. She also volunteers at Jill's House, a facility for children with disabilities.

Bonafide is an English teacher in her seventh year at Langley. She sponsors and mentors several clubs at the school, and has served in leadership roles at national education conferences.



The Greater McLean Chamber of Commerce presented an employee, teacher and student from Langley and McLean High School with their annual education award Thursday, May 9.



McLean High School science teacher Claire Silva is awarded the Greater McLean Chamber of Commerce's teacher of the year award Thursday, May 9.



From right, Langley High School English teacher Jennifer Bonafide, Supervisor John Foust (D-Dranesville) and Del. Barbara Comstock (R-34). Bonafide was named Langley teacher of the year Thursday, May 9 by the Greater McLean Chamber of Commerce.

Chesterbrook Elementary School students walk and bike to school along Kirby Road.

PHOTOS BY
LORI BAKER/
THE CONNECTION



Students Walk and Bike to Chesterbrook ES

Walking to school is extra special for most Chesterbrook Elementary School students.

BY LORI BAKER
THE CONNECTION

Chesterbrook Elementary School held a walk/bike to school day last week, which served two purposes. The primary purpose was to encourage families and students to enjoy the benefits of walking and biking. Fresh air, sunshine and exercise all helped bring smiles to the faces of the many students who walked or biked to school last Friday.

A large parade of children, bikes, moms, dads and dogs could be seen making their way down Kirby Road to the elementary school. What was less visible was the concern on the faces of parents. But according to many of the parents, as well as volunteers from the neighborhood-based Connect-McLean organization, the safety of the students who walk to this school is concerning. It was Kirby Road neighbors who organized Connect-McLean in hopes of addressing the safety of walkers and bikers in the neighborhood.

Michele Pearce, a member of the group, said that Connect-McLean was organized last year. When they spoke to neighbors about their concerns, they learned that pedestrian safety has been a problem in the neighborhood for generations. "This is a residential community," said Pearce. "It's not 123, it's not Old Dominion. This is a place where children would like to walk to the plaza, would like to walk to the school, would like to walk to the Chesterbrook pool. And they can't because it's not even safe for them to cross the street."

KIRBY ROAD is a major thoroughfare in McLean that carries heavy commuter traffic, an estimated 9,300 cars per day according to a traffic study done two years ago. Eighty five percent of those cars are speeding. In fact, they are traveling at least 46 miles per hour, according to the study. But the most dangerous problem, according to many parents who would otherwise walk their children to school, is that there is no consistent system of sidewalks leading to the school. Children are sometimes seen walking in the drainage ditch for lack of sidewalks on Kirby Road, according to parents and members of Connect-McLean; especially those students who are walking to Longfellow Middle School.

"I guess the biggest problem has been, when you walk along the sidewalk right past the swim club,



State Sen. Barbara Favola (D-31) and Del. Bob Brink (D- 48) speak with Connect-McLean representative Michele Pearce at Chesterbrook's walk/bike to school day.



"It would be so lovely if we could walk because we're really not that far from the school," said Kristen McLean, as she walked her children Halle and Max to school. "I would love to see some viable sidewalks that I wouldn't have to worry about getting hit by a car as we're walking to school."

you're pretty much right on the shoulder," said parent Ben Cramer. Cramer walks his children to school every day, weather permitting. But he believes that the speed limit should be lower. The general speed limit is 35 mph in front of Chesterbrook School, as opposed to 25 mph in the Lemon Road School zone.

At one time, all students within one mile of the school used to walk or bike. But because of the safety

SEE WALKING, PAGE 5

WEEK IN MCLEAN

Woman Robbed at Bank ATM

A 27-year-old woman was robbed on Tuesday, May 7, as she withdrew money from a bank ATM. The woman was standing inside a vestibule withdrawing cash at the Bank of America, located at 8300 Greensboro Drive in McLean, around 9:10 p.m. when a man entered, brandished a handgun and demanded cash. The victim complied. The suspect took the cash and fled on foot toward International Drive.

The suspect was described as 5-foot-8 to 6 feet tall, 180 to 200 pounds with a muscular build. The victim was unable to determine his race. The suspect was wearing black pants, black shoes, a black shirt and black jacket and had a black mask covering his face. The victim did not require medical treatment.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Book Collection and Sale to Support Scholarships for Women

The McLean Area American Association of University Women's (AAUW) Annual Book Collection in preparation for its 44th annual Book Sale Saturday, May 18, at the Sun Trust Bank, 515 Maple Ave., Vienna from 10 a.m. to 4 p.m. Additional collection dates are: June 8; June 29; July 20; and, Aug. 10. The Book Sale will be Sept. 20-22 at the McLean Community Center on Ingleside Ave. in McLean. The AAUW needs books, CDs, DVDs and software for children as well as for adults.

Proceeds provide scholarships and support professional development for women.

BlogPaws Conference to Be Held At Tysons Corner

This year's national BlogPaws conference will be held in Tysons Corner, at the Sheraton Premiere Hotel. "BlogPaws is a pet-welcoming three-day conference that brings pet parents and enthusiasts together with each other," said Carol Byrant, BlogPaws marketing manager.

Pet lovers, pet bloggers, social media enthusiasts, pet brands and industry experts are expected to come together for a week-end of learning, networking and fun, according to Byrant.

From Thursday, May 16 through Saturday, May 18 the BlogPaws conference will have a number of workshops, including one by Animal Planet's Kenn Bell, who will be filming an episode of "Dog Files." David Frei is a celebrity emcee. Frei is the public spokesperson for the Westminster Kennel Club and has been the television voice of Westminster since 1990.

For BlogPaws conference and registration information go to: www.blogpawconference.com.

Trail Map Signs Installed at Pimmit Stream Valley

Residents and public officials met on May 2 at Olney Road Park to officially dedicate 14 new trail map signs recently installed along the Pimmit Run Stream Valley trail in Falls Church and McLean.

Present at the ceremony were Dranesville District Supervisor John Foust, representatives from the Fairfax County Park Authority (FCPA) and representatives from the community organization Fairfax Trails and Streams.

The 14 signs are made of aluminum and printed with weather-proof full-color images. The route marked by the signs extends approximately 5 miles along the stream valley trail and are posted at trail decision points beginning at Olney Road Park in Falls Church (southeast of the Dulles Toll Road) and extending northeast to Bryan Branch. Each sign features a large map of the trail in the vicinity of the sign, with a "You Are Here" designation and a smaller insert map showing the neighboring trail as it relates to the complete Pimmit Run Stream Valley trail.

News

Walking, Biking to School

FROM PAGE 4

issues for pedestrians, the school's administration implemented a bus mandate, which calls for all students to be bussed, regardless of how close they live to the school.

"It is dangerous. There's no other way to say it," said parent Oliver Garcia, who lives within sight of the school, and walks his children there every day. He is especially concerned about commuters who cut around vehicles who are stopped for children in the crosswalk. "We have had numerous instances where we are in the crosswalk, and all of a sudden you cross in front of a stopped car and you're confronted with nearly getting hit by a moving car going northbound on Kirby."

State Sen. Barbara Favola (D-31), whose jurisdiction includes a portion of Kirby Road, attended the event on Friday. She says that she is a strong advocate for the Connect-McLean project.

PART OF THE CHALLENGE, according to many of those involved, is that traffic and infrastructure decisions are often made

with both county and state involvement. "So whenever you have two government entities involved it gets a little complicated," Favola said. "I will make it a point to understand in detail what the process is so I can help the citizen activists."

Pearce said that Connect-McLean has also been working closely with Del. Bob Brink (D-48), who Pearce said has been reaching out to a number of residents. Brink, who also was in attendance on Friday said, "What I hope comes from today is greater awareness and involvement of parents and kids on the benefits of walking and biking to school. And then a greater focus on the traffic and street conditions in this area that could be improved to help kids use other ways of getting to school."

In addition, Supervisor John Foust (D-Dranesville) has been working toward filling in one segment of missing sidewalk near the school. And Connect-McLean has also met with State Sen. Janet Howell, who they said has agreed to make this issue a priority.

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name
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their
mistakes.

—Oscar Wilde



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NEWS

From left: Virginia Sandahl, president of the Woman's Club of McLean; Rear Admiral (Ret.) Kathleen L. Martin, executive director of the Navy Marine Coast Guard Residence Foundation, which supports the Wounded Warrior program; and Paula Manczuk, the foundation's director of development.



PHOTO BY
LAURA SHERIDAN/
WOMAN'S CLUB OF MCLEAN

McLean Kitchen and Garden Tour Nets \$10,225 for Wounded Warriors

At a meeting of the Woman's Club of McLean on May 7, club President Virginia Sandahl announced that the proceeds of the previous week's Kitchen and Garden Tour sponsored by the club were \$10,225. She presented a check for that amount to Rear Admiral (Ret.) Kathleen L. Martin, executive director of the Navy Marine Coast Guard Residence Foundation, for the use of the Wounded Warrior Transitional Housing Program at Vinson Hall. Ticket sales for the tour accounted for about two-thirds of the proceeds and donations for the remainder.

The tour was the product of about two months of planning by the Woman's Club and focused on eight properties (six homes and eight gardens) in a neighborhood of large homes and lots in west McLean. It was believed to be the first tour of its kind in McLean; it was also the first such fundraiser undertaken by the group. The club, which has a 55-year history in the community, has become known for its annual homes tours during the holiday season.

—LAURA SHERIDAN

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FRIDAY/MAY 17

Bike to Work Day. Pit stops at various locations throughout Northern Virginia; go to www.biketoworkmetrodc.org for details.

Silver Line Playbook. 8-10 a.m., at 8230 Old Courthouse Road, Suite 350, Vienna. As part of Leadership Fairfax's 2013 Speaker Series, Brian Winterhalter, an associate in the Real Estate Practice Group at Cooley LLP, speaks on the Dulles Corridor Metrorail Project (the Silver Line), focusing on land use and zoning matters.

Nextstop Theatre Company Open Call Auditions. 4-8 p.m., at 269 Sunset Business Drive, Herndon. Performers of all ethnic and racial backgrounds (both non-Equity and Equity) ages 16 and up are invited to audition for dramatic, comic and musical roles for the inaugural season; individuals will have up to three minutes to perform a monologue and/or song that best showcases their talent (bring a photo and resume). Apply by emailing name, contact number, preferred date and two hour audition timeframe. casting@eldenstreetplayers.org.

Great Strides Walk for Cystic Fibrosis. 7:30 p.m., at Brown's Chapel Park, 1575 Browns Chapel Road, Reston. Walk to benefit those with Cystic Fibrosis. www.reston.org.

THURSDAY/MAY 16

Avoiding Divorce Court II. 6:30-9:30p.m., at The Women's Center, 127 Park St. N.E., Vienna. Information regarding both standard provisions and unique. \$40. www.thewomenscenter.org.

SATURDAY/MAY 18

AAUW Used Book Collections. 10 a.m.-4 p.m., at Sun Trust Bank, 515 Maple Ave. E., Vienna. The McLean Branch of the American Association of University Women collects gently used books, CDs, DVDs and software (no records or textbooks) for their next book sale; children's books are in demand. 703-527-4206 or www.mcleanaauw.org.

SUNDAY/MAY 19

The 16 Inner Arts Series: The Art of Developing. 11:30 a.m.-1 p.m., 8020 Georgetown Pike, McLean. This workshop explains how to develop into the people we wish to be. <http://www.eventbrite.com/event/6199100677>.

MONDAY/MAY 20

College and Beyond: Mapping the Future. 6:30-8:30 p.m., at The Women's Center, 127 Park St. N.E., Vienna. This seminar is designed for young adults (parents also welcome) who are wrestling with career and directional choices. \$35. www.thewomenscenter.org.

TUESDAY/MAY 21

Change Lives with Shelter House Open House. 5-8 p.m., at the Patrick Henry Family Shelter, 3080 Patrick Henry Drive, Falls Church. Community members can learn about how they can be an agent of change in ending homelessness in the community with Shelter House. <http://shelterhouse.givezooks.com/events/changing-lives-open-house-patrick-henry-family-shelter>.

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NEWS

Fairfax County Attracts Innovative Technology Firms

More than 1,400 jobs added to local economy in first quarter.

Continuing consumer demand for innovative technology such as web filtering, data security and cloud computing has helped Fairfax County post gains to the local economy, countering the sequester effect stalling business growth in other sectors.

According to the Fairfax County Economic Development Authority (FCEDA), 27 businesses added more than 1,400 jobs in Fairfax County during the first quarter of 2013. Most of these businesses are in the information technology and professional services sectors, and seven are foreign-based firms using a Fairfax County location to expand in North America.

One of the most prominent announcements came from Tysons Corner-based FrontPoint Security Solutions, a nationwide provider of interactive wireless home security systems that is adding 179 jobs to the county economy.

"We can certainly attribute a portion of FrontPoint Security's success to our Fairfax County location," said Chris Villar, CEO and co-founder of FrontPoint Security.

"From a recruiting perspective, qualified job can-

didates love the central location of the Fairfax County area. Not only is the close proximity to Washington D.C. and surrounding suburbs appealing, but access to top-tier universities and the high concentration of technology companies also make attracting top talent easier," Villar said.

"In today's environment, any business growth is remarkable. Fairfax County is fortunate to see growth from within as well as from other locations, including other countries," said Gerald L. Gordon, president and CEO of the FCEDA, which provides development and growth strategies to local businesses.

Other businesses that are creating jobs in Fairfax County:

- ❖ Salient Federal Solutions in Fairfax, which provides information technology and engineering services to government and commercial customers, adding 530 jobs;

- ❖ Strategic Operational Solutions in Tysons Corner, an information technology and management consulting firm adding 70 jobs; and

- ❖ Commtouch of Tysons Corner, an Israel-based firm supplying email security, Web filtering and antivirus capabilities, adding 10 jobs.

In addition to its headquarters in Tysons Corner, Fairfax County's largest business district, the FCEDA maintains marketing offices in seven important global business centers: Bangalore, Boston, London, Los Angeles, Munich, Seoul and Tel Aviv.

—VICTORIA ROSS

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Saturday, May 18th, 2013 from 10:30 am to 12:30pm

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OPINION

Vote in Spite of Election Fatigue

Primary Voting, Absentee Voting, Republican Convention.

Absentee voting, including “in-person” absentee voting, is already underway for the June 11, 2013 primary, a statewide Democratic party primary for lieutenant governor and attorney general, plus one delegate race in Northern Virginia.

Voters in the Democratic primary will choose between Ralph S. Northam and Aneesh Chopra for lieutenant governor; and between Mark R. Herring and Justin E. Fairfax for attorney general.

Because voters do not register by party in Virginia, any voter can vote in the Democratic primary, but cannot vote in a Democratic and Republican primary on the same day.

The Republican party will nominate their candidates for statewide office in a convention to be held on May 17-18, 2013 in Richmond. Delegates to the convention were elected by locality in March and April.

Each locality is entitled to one Republican convention delegate vote per 250 Republican

votes for governor and president at their last election, so that Fairfax County is entitled to 1,392 delegate votes; Arlington County is entitled to 215 delegate votes; Alexandria City is entitled to 133 delegate votes; the City of Fairfax is entitled to 32 delegate votes; Falls Church City is entitled to 14 delegate votes. Localities choose up to five times the number of delegates as votes, plus an equal number of alternates.

In Fairfax County, there is also Democratic primary for District 86, between Jennifer Boysko <http://www.jenniferboysko.com/> and Herb Kemp <http://www.herbkempfordelegate.com/>, with the winner facing incumbent Tom Rust (R). Democratic voters in the 86th House of Delegates District will find this on their ballots along with lieutenant governor and attorney general. (Precincts: Floris, Fox Mill, Stuart, Herndon #1, Herndon #2, Clearview, Herndon #3, Hutchison, Sugarland, Coates, Kinross West, Lees Corner #1, Carson)

The polls will be open from 6 a.m. to 7 p.m. on June 11, 2013.

Absentee voting allows qualified voters to participate in upcoming elections even though they may not be able to go to the polls on Election Day. Absentee voting in person began on April 26, 2013.

Most people in Northern Virginia qualify to vote absentee under this provision, although there are many others:

“Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for eleven or more hours of the thirteen that the polls are open (6 a.m. to 7 p.m.).”

In Fairfax County, in-person absentee voting is ongoing through June 8 at the Fairfax County Government Center, 12000 Government Center Parkway, Suite 323, Fairfax, VA 22035

Hours: Monday, Tuesday, Wednesday, and Friday: 8 a.m.-4:30 p.m.; Thursday: 8 a.m.-7 p.m.; Saturdays (June 1st and June 8th): 9 a.m.-5 p.m. Closed Monday, May 27, 2013 for Memorial Day.

Here are some good sources for information on upcoming elections:

Virginia State Board of Elections, <http://www.sbe.virginia.gov/>,

Virginia Public Access Project, <http://www.vpap.org/candidates?display=state>,

Fairfax County Board of Elections, <http://www.fairfaxcounty.gov/elections/ecalendar.htm>.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

Campaigning in Support of Homeless Solutions

BY SYLISA LAMBERT-
WOODARD
PRESIDENT AND CEO
PATHWAY HOMES, INC.

As Pathway Homes joined our nonprofit colleagues, local officials and Fairfax County partners in the 100,000 Homes Campaign to raise awareness and support for the homeless in our area, I felt renewed hope that we will eradicate homelessness in our community.

Since the 100,000 Homes Registry Week in February, the outpouring of support and interest from citizens and friends has been nothing less than inspiring. I witnessed the amazing surge of community support and show of corporate responsibility that is characterized by the Fairfax community. In preparation to meet the needs of those identified through this community-wide event, local non-profits partnered and purchased new housing stock in anticipation of using subsidized housing vouchers to assist those most vulnerable in our community to get housing and stay housed.

While energized by public awareness raised around the



PHOTO CONTRIBUTED

needs of homeless individuals and families encountered during Registry Week, there is much left to do. The good news is that this campaign successfully educated many caring neighbors and

raised the awareness of many to the plight of the homeless. Pledges of support and creative partnerships are emerging to house the 1,350 individuals who are homeless in Fairfax County on any given day.

In the midst of such progress towards ending homelessness, few could have predicted what has evolved into a quiet storm involving deep cuts from sequestration that impact the homeless; and impending Medicaid cuts to supportive services for those with mental illness and substance use that help these individuals remain in housing.

While there is no doubt that our 10-year-plan to end homelessness will find a detour ahead, I maintain hope that it will not be a dead end that takes a severe toll on the resilience of our local community partners. Sequestration is having a disproportionate impact on the most vulnerable in our community, and the “collective voice” creates change. While the Fairfax local housing authority and elected officials are actively identifying short term solutions to temporarily mitigate additional reductions, we are left with the uncertainty of the extent of the impact of additional cuts on the individuals we serve and our community as a whole.

travelers inconvenienced and angry over airport delays. How impactful it would be to use our collective voice to show that this quiet storm of sequestration and Medicaid cuts will result in conditions that eclipse those caused by travel delays. These cuts will lead to increased homelessness, reduced and limited support services to the most vulnerable, and loss of new vouchers that were intended to support individuals in the homes recently acquired by non-profits and private landlords in their efforts to provide affordable and sustainable housing in our community.

With continued community advocacy directed towards local, state, and federal elected officials, I believe our voice can be as influential and successful as our “frequent flyers” in averting a most devastating impact to our community.

At Pathway Homes we remain committed to advocacy and education and are committed with other non-profits, to developing innovative partnerships that will create needed housing and support to those most vulnerable in our community. We remain inspired by those we serve.

At the same time, it will take a great deal of innovation, collaboration, and faith to continue to help the most vulnerable in our communities. Pathways’ forecast for our community remains bright and hopeful with a strong belief that eradicating homelessness in our community is possible. As a community, we must remember that collective advocacy can change the course of time and result in positive outcomes for the individuals we serve.

Pathway Homes Inc. provides non-time-limited housing and recovery-based supportive services to adults with serious mental illness and co-occurring disabilities in Northern Virginia.

McLean
CONNECTION

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Alex McVeigh
Community Reporter ♦ 703-778-9441
amcveigh@connectionnewspapers.com
@AMcVeighConnect

Victoria Ross
County Reporter ♦ 301-502-6027
rosspinning@yahoo.com

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com



WEEK IN MCLEAN

Woman Robbed At Bank ATM

A 27-year-old woman was robbed on Tuesday, May 7, as she withdrew money from a bank ATM. The woman was standing inside a vestibule withdrawing cash at the Bank of America, located at 8300 Greensboro Drive in McLean, around 9:10 p.m. when a man entered, brandished a handgun and demanded cash. The victim complied. The suspect took the cash and fled on foot toward International Drive.

The suspect was described as 5-foot-8 to 6 feet tall, 180 to 200 pounds with a muscular build. The victim was unable to determine his race. The suspect was wearing black pants, black shoes, a black shirt and black jacket and had a black mask covering his face. The victim did not require medical treatment.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

FRANKLIN SHERMAN E-CYCLE DAY



Open to the Public!

This event is open to the entire McLean community so please spread the word!

Recycle Responsibly

It's a great way to responsibly dispose of all those old electronics, help the environment and support FSES's Eco-School Green Team.

Most items are FREE to drop off*

Your first monitor under 19 inches is FREE, additional *CRT/TV monitors will be \$1.00 per inch.

Join Us...

Date

Sunday, May 19, 2013

Time

10:00AM - 2:00PM

Location

Franklin Sherman Elementary School: Front Driveway

Provided by:



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Sat., May 18th — 10am-2pm

Where: 5795 B Burke Centre Parkway, Burke, VA 22015

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- Kitchen and Bath Trends
- Apples to Apples - Thinking your project through? How do you compare?
- From Concept to Completion

Seminars run from 10am-Noon.
Lunch to follow.
Please arrive at 9:45am for check-in.

Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!

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**McLean Community Center
1234 Ingleside Avenue, McLean, VA**



Questions? Contact us at scc@safecommunitycoalition.net.

Elect Mark BEHRENS



To the McLean Community Center Board

Mark Behrens will work for:

- ★ Quality Programming
- ★ Fiscal Responsibility
- ★ Revitalization of Downtown McLean

My experience in McLean bridges generations. I was raised in McLean (Langley '83) and returned with my wife to raise our two girls. Professionally, I co-chair the Public Policy Group in a national law firm and would bring my legal experience to the Board. If elected, I will listen to the community to shape programming for diverse ages and interests. I will also ensure that our taxpayer dollars are spent wisely and I will be fiscally responsible. In addition, I will support exploring efforts to revitalize downtown McLean to help our teens and small businesses while preserving our culture.

Vote at McLean Day ~ Saturday, May 18th

Authorized and paid for by Mark Behrens for MCC Board.

ENTERTAINMENT

Send announcements to mclean@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

THURSDAY/MAY 16

Charity Lunch Series "Care to Lunch." 11:30 a.m.-1 p.m., at Marriott Tysons Corner, 8028 Leesburg Pike, Vienna. The May luncheon is dedicated to children; a speech on vision and mission of the organization accompanies an upscale lunch and networking hour. \$25. www.caretolunch.org.

FRIDAY/MAY 17

Leadership Fairfax Speaker Series: Brian Winterhalter. 8-10 a.m., at LFI Offices, Suite 350, 8230 Old Courthouse Road, Vienna. An update on the happenings in Tysons from the perspective of a commercial real estate attorney, with a focus on zoning and land use changes. \$30; \$25 for members. 703-752-7518 or danielle@leadershipfairfax.org.

SATURDAY/MAY 18

The Fresh Market's Cupcakes for a Cause. 10 a.m.-3 p.m., at Fresh Market, 150 Branch Road S.E., Vienna. Purchase and decorate a delicious cupcake from The Fresh Market to support No Kid Hungry. \$3. **Mister G at Jammin' Java.** 10:30 a.m., at the Jammin' Java, 227 Maple Ave. E., Vienna. Award-winning children's musician Mister G will be returning to perform. jamminjava.com.

Vienna Arts Society's annual

Benefit Raffle and Silent Auction.

4:30-6:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Arts Society is donating a portion of the proceeds to the Committee for Helping Others; wine and light refreshments provided. 703-319-3971 or www.ViennaArtsSociety.org.

Art in 14 Directions. 5:30-8:30 p.m., at The Frame Factory, 212 Dominion Road N.E., Vienna. An opening reception featuring the work of 14 studio artists with 60 works in multidisciplinary art ranging from realism and expressionism all the way to encaustics. www.theframefactory1.com.

SUNDAY/MAY 19

Gaby and Brent Thompson Speech. 9:30 a.m., Antioch Christian Church, 1860 Beulah Road, Vienna. The speakers will cover "Communication in Relationships." <http://www.antiochdoc.org/>.

Vienna American Legion Breakfast Buffet. 8 a.m.-noon, at 330 Center St. N., Vienna. Includes omelets, scrambled eggs, blueberry pancakes, and bacon. \$8, adults; \$3 for children. 703-938-1379.

18th Century Spring Market Fair. 11 a.m.-4:30 p.m., at The Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. Celebrate spring at a local museum and working farm's first Market Fair of the season, featuring goods and wares, produce, gifts, colonial characters, animals, dancing and singing, and demonstrations of colonial-era work. \$6; \$3 for children 3-12 years old and seniors. 703-903-9330 or www.1771.org/directions.htm.

Violin Recital: Jehshua



"Solitude," collage, "15 X 20," by Madeline Chen is part of the Insight and Inspiration exhibit at the Vienna Arts Society Gallery, open Tuesday through Saturdays until June 1.

Karunakaran. 3 p.m., at the Alden Theatre, 1234 Ingleside Ave., McLean. The 18-year-old violinist and graduate of the Juilliard School pre-college division, and a senior at Harvard, plays Bach's Partita No. 2, a movement of the Sibelius concerto, a sonata by Ysaye and works by Kreisler, Paganini and Brahms; the concert is sponsored by the Music Friends of the Fairfax Library. 703-620-9535.

Synchrony. 4 p.m., at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. Edvinas Minkstimas, an

emerging European young pianist, joins the Amadeus Orchestra in a performance of Beethoven's Piano Concerto No. 2 in B-flat major; the orchestra also performs Serenade No. 1 by Brahms. \$30; free for students 17 and under. <http://www.amadeusconcerts.com>.

Opera for the People. 4:30 p.m., at Our Lady of Good Counsel in DeSales Hall, 8601 Wolf Trap Road, Vienna. The Vienna Choral Society and The Reston Chorale present an accessible concert of Verdi and Copland. \$25; \$20 for seniors/students; free for

youth, 15 and under accompanied by an adult. www.viennachoralsociety.org.

TUESDAY/MAY 21

Great Falls Coffee Social. 9:30 a.m., at Riverbend Park Visitor's Center, 8700 Potomac Hills St., Great Falls. Celebrate Great Falls will present Friends of Riverbend Park with a \$2,000 donation to help fund their summer internship program at the co-hosted community-building event open to all Great Falls residents and businesses. www.celebrategreatfalls.org.

THURSDAY/MAY 23

The Vienna American Legion Auxiliary Memorial. 10 a.m., at Flint Hill Cemetery. The Vienna American Legion Auxiliary will place flags on the graves of veterans. 703-938-1379.

Interfaith Forum on Social and Economic Justice. 6:30-8:30 p.m., United Christian Parish of Reston, 11508 North Shore Drive, Reston. A panel of representatives of the Buddhist, Christian, Jewish, Muslim and Sikh faith communities will discuss how they address justice issues; refreshments included. www.restoninterfaith.org.

FRIDAY/MAY 24

A Prairie Home Companion With Garrison Keillor. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. Special guests Aoife O'Donovan and Howard Levy join the ensemble cast through comedy sketches and musical interludes with the Grammy-winning storyteller and humorist Keillor. \$25-\$60. www.wolftrap.org.

SATURDAY/MAY 25

A Prairie Home Companion With Garrison Keillor. 5:45 p.m., at Wolf Trap, 1551 Trap Road, Vienna. Special guests Aoife O'Donovan and Howard Levy join the ensemble cast through comedy sketches and musical interludes with the Grammy-winning storyteller and humorist Keillor. \$25-\$60. www.wolftrap.org.

Cathy Ponton King: Blues and Sweet Ballads. 7 p.m., at the Town Green, 144 Maple Ave. E., Vienna. Cathy Ponton King and his team will perform some blues and ballads at VIVA! VIENNA! 703-255-4742 or info@vivavienna.org.

SUNDAY/MAY 26

Memorial Day Concert. 5 p.m., at St. Luke Catholic Church, 7001 Georgetown Pike, McLean. The National Men's Chorus puts on their annual concert, featuring trumpet, piano, organ and harp; a reception follows the concert. 703-780-7945 or knightpassage@aol.com.

MONDAY/MAY 27

Memorial Day Ceremony. 11 a.m., at the Great Falls Freedom Memorial, 9830 Georgetown Pike, Great Falls. A commemorative event featuring a Marine Corps Color Guard, patriotic songs, remarks from retired Marine Corps Lieutenant Gen. Norman H. Smith, and a reading of the names and bell-ringing for each of the 25 residents who fell in service; a wreath-laying by local dignitaries and raising of the flags by Boy Scout Troop 55 follows. 703-248-0390.

THURSDAY/MAY 30

Langley High School Chorus' "Get On Your Feet." 7:30 p.m., Langley High School, 6520 Georgetown Pike, McLean. The choirs will be performing songs from all the decades: from the 50's (Shake, Rattle and Roll) to current pop hits of Kelly Clarkson, Colbie Caillat and Plain White T's. \$10. 703-287-2700.

FRIDAY/MAY 31

Postage Stamp Show. 10 a.m.-6 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Dr, McLean. Eighty dealers buying, selling, and appraising stamps and envelopes; 45 exhibits, 10 postal administrations, and a youth table. www.napex.org.

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The Mikado. 8 p.m., at Wolf Trap, 1551 Trap Road, Vienna. New York Gilbert & Sullivan Players and Artistic Director Albert Bergeret present a timeless comedy about love and political entanglements set in Japan. \$12-\$50. www.wolftrap.org.

SATURDAY/JUNE 1

Flea Market. 8 a.m.-1 p.m., at Oakton Church of the Brethren, 10025 Courthouse Road, Vienna. A flea market with food and a bake sale; vendor space available. 703-281-4411 or www.oaktonbrethren.org.

Postage Stamp Show. 10 a.m.-6 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Eighty dealers buying, selling, and

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SUNDAY/JUNE 2

Postage Stamp Show. 10 a.m.-4 p.m., at the Hilton McLean Tysons Corner, 7920 Jones Branch Drive, McLean. Eighty dealers buying, selling, and appraising stamps and envelopes; 45 exhibits, 10 postal administrations, and a youth table. www.napex.org.

TUESDAY/JUNE 4

Earth, Wine & Fire. 8 p.m., at the Filene Center at Wolf Trap National Park, 1551 Trap Road, Vienna. Soul-pop and six-time Grammy-winning band brings their well-reviewed show featuring new songs from their 2012 Now, Then & Forever album, along with hits. www.wolftrap.org.

THURSDAY/JUNE 13

Code 20: Proceed to Improv. 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.



PHOTO COURTESY OF McLEAN COMMUNITY CENTER

The international food court at McLean Day includes Greek favorites from Nader's Bistro & Grill.

McLean Day 2013, Saturday, May 18: "Celebrating Our Hometown"

The McLean Community Center's (MCC) annual community festival McLean Day 2013: "Celebrating Our Hometown" draws a large crowd of residents and local businesses and organizations together once a year to celebrate their "hometown." Although the festival has grown over the years, the essence of what makes it great is the hometown feel that emanates throughout the park. Neighborhood children take rides together, old friends catch up with one another and the entertainers on stage are the relatives, friends and co-workers of the people in the audience. McLean Day 2013 will be held on Saturday, May 18, from 11 a.m. to 5 p.m. at Lewinsville Park, 1659 Chain Bridge Road. Admission is free.

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Vote on McLean Day

McLean Community Center Governing Board Election
Saturday, May 18, from 10:30 a.m.-5 p.m.
Lewinsville Park, 1659 Chain Bridge Road

Your Vote is Your Voice!

All qualified residents of Small District 1A Dranesville are encouraged to vote for members of the 2013-2014 MCC Governing Board.

- You need not be registered to vote in the general election
- Proof of residence, such as a driver's license, is required

Absentee Ballot

Vote now by absentee ballot and avoid the crowds! View the candidate statements on the Center's Web site. Call the Center or send an E-mail message to "elections@mcleancenter.org" to request a ballot package be sent to your home. Or, stop by the Center at 1234 Ingleside Avenue and pick one up. Completed ballots must be received by 5 p.m. on **Wednesday, May 15** to be counted.

The McLean Community Center
703-790-0123/TTY: 711
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www.mcleancenter.org

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McLean Day

Celebrating our Hometown!
Event Time: 11 a.m.-5 p.m.
Voting for the MCC Governing Board: 10:30 a.m.-5 p.m.

Saturday, May 18
Lewinsville Park
1659 Chain Bridge Rd.
Free Admission

Events and Activities

- Arts and Crafts Sales
- Business and Community Groups
- Carnival Rides and Midway Games
- Live Entertainment by Local Performers
- International Food Court

Shuttle Bus Parking Sites
McLean Community Center
Redeemer Lutheran Church
McLean Baptist Church

McLean Day Celebrates Hometown The Saturday, May 18 event highlights the hometown feel.

The McLean Community Center's (MCC) annual community festival McLean Day 2013: "Celebrating Our Hometown" draws a large crowd of residents and local businesses and organizations together once a year to celebrate their "hometown."

Although the festival has grown over the years, the essence of what makes it great is the hometown feel that emanates throughout the park. Neighborhood children take rides together, old friends catch up with one another and the entertainers on stage are the relatives, friends and coworkers of the people in the audience.

McLean Day 2013 will be held on Saturday, May 18, from 11 a.m. to 5 p.m. at Lewinsville Park, 1659 Chain Bridge Road. Admission is free.

The McLean School and Civic League originally sponsored the festival in 1915 as a way to raise funds for school and community projects. The first McLean Day was held in a field adjacent to Franklin Sherman School. Over the years, various community organizations have kept McLean Day going with varying degrees of success.

In the mid-1970s McLean Community Center (MCC) began producing McLean Day and in 1988, due to a large increase in the number of participants, it was moved to Lewinsville Park.



A carousel ride is among many attractions available at McLean Day 2013: "Celebrating Our Hometown" on Saturday, May 18, from 11 a.m. to 5 p.m. at Lewinsville Park.

THE CENTER ASKS RESIDENTS of Dranesville Small Tax District 1A, the district that supports the center through a special real estate tax, to cast their votes to elect and reelect members to the 2013-2014 MCC Governing Board. The election will be held

from 10:30 a.m. to 5 p.m. at a booth just inside the entrance to the park. Voting instructions and candidate information are both available online at the center's website: www.mcleancenter.org.

There is good news for big carnival ride

fans at the festival. This year the cost of the unlimited ride wristband has been reduced to \$15. The \$5 decrease should reduce the amount of time patrons spend at the ticket sales booth. Ticket sales for the large rides will begin at 10:30 a.m. and will end at 4 p.m. Tickets must be purchased with cash only. Reithoffer Shows is providing a number of large carnival rides, including the Orbiter, Full Tilt, The Ring of Fire, Pharaoh's Fury, Starship 3000 and bumper car rides. A special area called the KidZone Midway features a variety of free, small, mechanical rides and bounces for toddlers and small children.

THE ALDEN STAGE at McLean Day will provide a wide variety of entertainers. Seth Kibel will serve as the new master of ceremonies. He also performs with the Seth Kibel Bay Jazz Project. Little dancers who are enrolled in the center's Joy of Dance classes will begin and end the day with their performances. Brother and sister rock duo Davison and the McLean High School Jazz Ensemble also will perform. In addition, the McLean Citizens Association will present its annual Teen Character Award at 3 p.m.

Parking is not available at Lewinsville Park on the day of the festival, so MCC strongly

SEE HOMETOWN, PAGE 15

The Bible's Promises of Healing

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NEWS

PHOTO COURTESY OF McLEAN COMMUNITY CENTER



Full Tilt: This year the cost of the unlimited ride wristband has been reduced to \$15.

Celebrating Hometown

FROM PAGE 14

encourages participants to use its free shuttle service. Starting at 9:30 a.m. and continuing throughout the day, shuttle buses will run to the park from McLean Baptist Church, 1367 Chain Bridge Road; Lutheran Church of the Redeemer, 1545 Chain Bridge Road; and MCC, 1234 Ingleside Ave. Parking also is available at the Lewinsville Senior Center, 1609 Great

Falls St., and the center will run airport-style shuttle carts from Evers Drive, located at the rear of the building, to the park all day.

For festival updates, driving directions, shuttle bus stop locations and a festival area map, visit: www.mcleancenter.org/special-events or call the center at 703-790-0123/TTY: 711. The center telephone will be answered 7 a.m.-5 p.m. on McLean Day.

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Marymount University professor Lisa Jackson-Cherry, Ph.D., discusses an altruism project with her pastoral counseling class.

Teaching Healing Through Altruism

Marymount students learn counseling technique by helping U.S. troops.

BY MARILYN CAMPBELL
THE CONNECTION

A group of counseling students got to experience a therapeutic technique while also helping service men and women serving in Afghanistan.

Graduate students in the pastoral counseling program at Marymount University in Arlington assembled care packages for U.S. troops as part of a community service requirement. One of the project's goals was to teach the future therapists how altruism can have long-term mental health benefits.

"The research has shown that if a person goes outside of themselves to help others it can be a therapeutic experience, especially for those who have depression or other mental health challenges," said Lisa Jackson-Cherry, Ph.D., chair of the Department of Counseling and founder of the Pastoral Counseling program. "We want students to experience what a client would experience."

Students are required to perform 30 hours of community service as part of their program. The class of 11 students formulated, planned and implemented the task. "I think everyone thought of the assignment as not just a project we had to complete, but a chance to actually, in some small way, let men and women in the military know that people here at home do appreciate their service and sacrifice," said Annandale resident Nina Angeles.

The students collected an array of items like games, magazines, books and DVDs. They gathered nearly enough items to fill their classroom and exceeded their professor's expectations. "I was expecting five or six boxes, but it became more than what the entire university could have put together," said Jackson-Cherry. "We had almost a roomful of supplies. The students solicited from their churches and from family members across the country."

Pastoral counseling students learn to incorporate



Marymount University counseling students Maya Georgieva, of Alexandria, and Sandi Boyles, of Centreville, pack a box for female soldiers.

spirituality into their work with clients. They wrote personal letters to the troops and included information on stress relief practices like meditation and breathing exercises. "We could not help but feel for the brave men and women who ... face stressful and sometimes traumatic situations away from home," said doctoral student Maya Georgieva of Alexandria. "... It was essential that we send notes of encouragement and support."

Jackson-Cherry said the most powerful learning experience came when she delivered the boxes to a VFW Post in Maryland: the feeling that comes from seeing the impact benevolence has on others. "The place was packed for lunch, and I was planning to slip in the back door and drop off the boxes," she said. "There were veterans there from World War II and Vietnam ... they became teary-eyed as they were telling me stories of how the acts of strangers had impacted them when they were serving overseas. It was quite touching. I wish the students could have been there to see how their acts of kindness touched so many more people than they would have thought of."

The students did get an opportunity to experience gratitude first-hand, however, when the military unit that received their supplies wrote a thank you note to the class. "The unit was overwhelmed by the generosity and the kindness of strangers, especially because they were away from their families," said Jackson-Cherry.



PHOTOS BY KIM MORAN

Andrew Choi, his mother Ellie Choi, kindergarten teacher Laura Zielinski, Seon-Ok Choi and Yubin showed that "Muffins for Mom" at Churchill Road was a rousing success.

'Muffins for Mom' at Churchill Road

Churchill Road kindergarteners celebrated Mother's Day on Friday, May 10 by hosting "Muffins for Mom." Students in each of the three kindergarten classes (Mrs. Jan Clark, Mrs. Erin Thurston and Ms. Laura Zielinski) worked with art teachers Julie Brodzik and Jenny Whiteman to create hand-stitched squares for their moms, and with resource teacher Corinne Reilly to design pattern-block Mother's Day cards. Choreographed by music teachers Karen Judkins and Danielle Menard-Mazurowski, the three classes performed "Skidama Rinka Dink" and "This Little Light of Mine" for their guests. After the performance, all the parents were treated to homemade muffins and fruit.



Churchill Road kindergarteners celebrate Mother's Day at their annual "Muffins for Mom" event. From left, Jinliu Wang and daughter Erica Dong, kindergarten teacher Jan Clark, Oksana Kolcio and daughter Melania, and kindergarten assistant Barbara Lewis.



Churchill Road kindergarteners (front row) Aksel Grote-Koomets, Ylli Jashari, Slvy Munn, Brett Hudson (back row) and Daniel Wu, Michael Antalics and Delphia Hwang perform "Skidama Rinka Dink" at their Mother's Day celebration.

Second Annual Langley Alumni Game Set

Langley varsity baseball team to face off against alumni June 2 in second annual game.

BY ALEX McVEIGH
THE CONNECTION

On Sunday, June 2 past and present members of the Langley High School baseball team will face off in the second annual Langley Varsity versus Alumni Baseball game. Last year the alumni won the inaugural game by a single run.

"We had a lot of fun last year, it was good seeing a lot of the recent grads back on the diamond," said Kevin Healy, Langley's varsity baseball coach. "We have a pretty active alumni program, which includes two of them on our current coaching staff, and we like to keep them active, to keep a community feel among those who have played baseball here."

The game, conceived last year by Celebrate Great Falls, pits alumni from any year against the current varsity team. Last year's alumni team featured Vic Price, Langley Class of 1969, who spent five years playing baseball in the

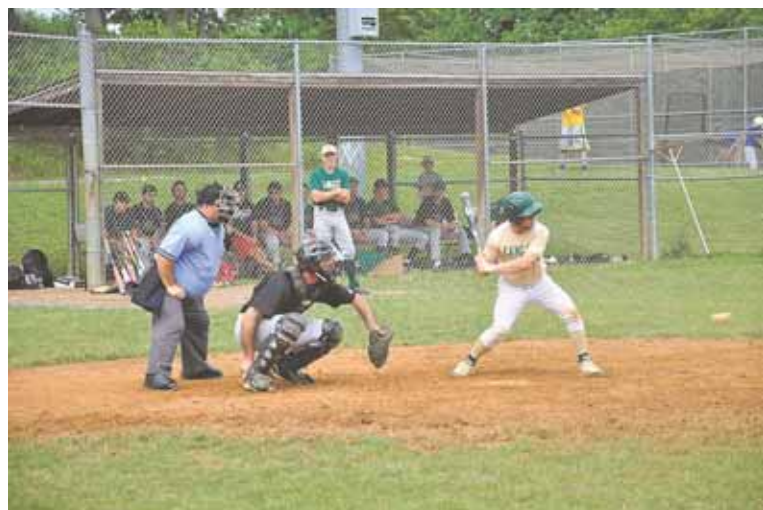


PHOTO BY ALEX McVEIGH/THE CONNECTION

Celebrate Great Falls will host the second annual Varsity versus Alumni baseball game Sunday, June 2.

majors, as well as many recent graduates.

"It was fun coming back to play with the people you grew up with, it brought back memories of some good experiences," said Chaz Ayoub, who graduated in 2007 and attended James Madison University.

Ayoub's classmate Tommy Tysse,

who attended Williams College, said the game was a good opportunity to get back on the field.

"It had been a while since I was out there, it felt good to be playing again," he said. "I'm not sure if I'll be able to play this year, but I'm definitely considering it."

Last year's alumni team won 10-9 in a close game, and will have

"We had a lot of fun last year, it was good seeing a lot of the recent grads back on the diamond."

—Kevin Healy, Langley's varsity baseball coach

some new members, courtesy of last year's graduating class.

"It should be fun to play against Langley Varsity for once, I'm looking forward to getting a new perspective," said David Paul, a recent graduate who now attends Vanderbilt University. "We didn't like losing last year, so I know the team will be fired up."

The Langley program has also appealed to many families that were involved, even ones whose children are far away at college. Mark Brown's son Alex graduated from Langley in 2009, and though Alex is at the University of Texas, Mark Brown still goes to games

when he can.

"I love the program, and I think my son got a lot out of his time here," said Brown, who also played high school and college baseball. "The bonds people form in this program are ones they seem to want to continue, which speaks highly about the community built by these coaches and parents."

Healy said the team and school is making a concerted effort to reach out to more alumni. They hosted an alumni night at their Friday, May 3 game against James Madison High School, welcoming back former players and families from across the years.

"We've been making a more concerted effort to get people out over the last few years, to build up more of a network," Healy said. "I'd like to see some of the old coaches come back as well."

This year's alumni-varsity game will be at Nike Field from 2 to 5 p.m., and the first of the annual summer concert series, Concerts on the Green, will kick off at the Great Falls Village Centre at 6 p.m.

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Langley HS Senior Paul Li presented his senior recital of piano solos and original compositions.



PHOTOS BY BECKY CORCORAN

Musicians who performed Paul Li's compositions, from left: Alexandra Fraley, Sara Ibrahim, Alan Chiang, Alexander Quion, Paul Li, Patrick Quion, Gene Kim, Constance Chiu, Hoonie Kim and Harrison Nam.

Langley High Senior Presents 'A Musical Journey'

In his senior recital, Langley High School student Paul Li performed piano solos and presented many of the compositions that he wrote during the school year. He conducted the concert, entitled "A Musical Journey," at the Langley High School Auditorium on Friday, May 10.

Beginning with Richard Starer's Prelude and Toccata, his piano solos also included

the first movement of Beethoven's Sonata Opus 10 No. 3, Bach's Prelude XXI, and Chopin's Grande Valse Brillante Opus 34 No 1.

Senior violinist Gene Kim joined Li onstage for a performance of Amore, which Li composed for the upcoming wedding of his cousin, who was in the audience. Under the baton of Li, nine members of the

Langley High School Chamber Orchestra performed two of his compositions for string ensemble. As foreshadowed by the title, A Reminiscence contained sentimental themes, made more meaningful by the many fellow seniors in the performing group. The concert concluded with Li's composition, Spring Fair, which painted pictures of outdoor fun and a carousel waltz.

Students conducted by Paul Li were violinists Alan Chiang, Gene Kim, Alexandra Fraley and Hoonie Kim; violists Alexander Quion and Sara Ibrahim; and cellists Constance Chiu, Harrison Nam and Patrick Quion.

Li thanked his piano teachers who were in the audience, Nancy O'Neil Breth and Jo

Lombard, his former piano teacher who started him on composition before age nine. Li expressed gratitude towards his composition instructor, Dr. Francis McKay.

After the concert, a member of the audience, Diane Hara, commented, "the wonderful thing about Paul Li's compositions is that you can visualize his music." It is no wonder that Li will pursue a double major in film composition and accounting at William and Mary. He performed his senior recital a day after taking his Advanced Placement exams in Latin and English Literature.

Paul Li's work for chamber orchestra, Orpheus: Reise in die Unterwelt was, performed earlier in the school year during a Langley High School Orchestra concert.



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PHOTOS BY WINIFRED NICHOLS

Spring Cleanup at Little Pimmit Run

Two McLean youths, Arthur Nichols and Salah Mohammed, invited Chesterbrook Woods Citizen's Association (CWCA) residents to join them in the Little Pimmit Run Cleanup Project on Sunday, April 28. They bagged quite a bit of trash. Pictured, from left: Maggie Nichols, Arthur Nichols, Dan Nichols, George Nichols, Kevin Juneau and Josh Leong.



PHOTO CONTRIBUTED

From left, Wanda Rixon, director of operations of Molina Healthcare of Virginia; Community Champion award recipients Hank Chao, Ann Louise Lainge Bailey and John Horejsi; and Dr. Jean Glossa, medical director of Molina Healthcare of Virginia.

Celebrating 'Everyday' Heroes

Molina Healthcare honors local residents for making a difference in the community.

BY VICTORIA ROSS
THE CONNECTION

In the 1980s, Vienna resident John Horejsi and a "ragtag" group of social justice pioneers learned that Virginia was charging sales tax on food stamps. They discovered the sales tax boosted the state's coffers by \$9.5 million every year, money that they believed belonged to poor families for food or other necessary items.

He and his "gang of eight"—which Horejsi had formed into a non-partisan group called Social Action Linking Together (SALT)—lobbied Virginia lawmakers to stop the practice. While most agreed the tax was horrible policy, the talks ultimately failed. Undeterred, SALT took a leap of faith and reached out to one of the most powerful and influential members of the U.S. Senate, Senator Edward M. Kennedy.

Kennedy helped SALT push legislation to stop the tax. Through that effort, Virginia and 18 other states removed the sales tax on the federal food stamps program. SALT, which influences public social policy and legislation on behalf of low-income Virginia families, especially in the areas of homelessness and hunger, now has more than 1,200 members and is a recognized force in social justice reform.

Hank Chao came to Vienna from Taiwan in 1984 when he was 25 years old. He arrived without a college degree and did not speak much English, but he believed that Asian Americans needed to "help build the bridge to the mainstream society." In 2003 Hank joined one of the largest Chinese organizations, Hai Hua Community Center

(HHCC), and eventually became its president. Chao started the annual Chinese Lunar New Year celebration, a popular multicultural affair, with Chinese, Indian, Indonesian, Japanese, Korean, Malaysian and Filipino groups presenting cultural performance, demonstrations, and arts and crafts activities.

He said that the Lunar New Year event "not only educates area residents about cultures in Asia, but also plays an important role in reconnecting those removed from the geographic area to the culture of their ancestors."

Anne Louise Lainge Bailey of Alexandria believed it was important to improve mental health services for children and families. So she became the volunteer coordinator of The Nexus Committee, which focuses on improving the mental health of children through prevention, intervention, education and research, and as its name implies, brings together stakeholders to share information and ideas which can translate into effective action to advance government and private assistance to needy individuals and families."

ALL THREE have something important in common. They are unheralded heroes—everyday people who saw a chance to make a difference and did.

For their volunteer efforts, they were recognized as "Community Champions" by Molina Healthcare on Thursday, May 9, at the Stacy C. Sherwood Community Center.

"It is our pleasure and honor to recognize John, Anne Louise and Hank, individuals who go above and beyond the call of duty to help others in our communities," said Dr. Jean Glossa, medical director

of Molina Healthcare and Community Health Care Network. "Whether it's advocating for social justice on behalf of those in need, coming up with ways to improve the mental health of our youth or providing culturally-sensitive resources and education to the Asian community, these Community Champion winners are inspiring and commendable for all that they do."

Established to honor the memory of Molina Healthcare's founder, Dr. C. David Molina, the Community Champions program spotlights the good deeds of everyday heroes in the communities served by Molina.

"The third annual awards dinner brings together a group of three individuals whose leadership, volunteerism and advocacy embodied Dr. Molina's spirit of service, family and community," Glossa said.

Each winner, who was nominated by a community-based organization, received a \$1,000 grant to give to a deserving non-profit organization as part of his/her award.

"This kind of award is not why we do the work that we do in the community," Chao said, "but it's nice to be recognized and I hope it will encourage and inspire others to join us in doing giving back to the community."

Horejsi said he wanted to thank Molina Healthcare for "recognizing our community service and activism."

"To us it's just democracy, but when Molina recognizes us it recharges our batteries and reminds us to keep going," Horejsi said.

"Mental health is such an important issue for young people and at Nexus our mission is to build to-



John Horejsi, with wife Mariann and volunteer Robert Stewart, attended the Molina Healthcare Community Champions celebration at the Stacy C. Sherwood Community Center in Fairfax on Thursday, May 9.



Hank Chao of Vienna, recognized as an "everyday hero" for his work with the Hai Hua Community Center, addresses the audience.



Dr. Debra Deven and Dr. Jean Glossa, medical director of Molina Healthcare of Virginia.



Dr. Gloria Addo Ayensu, director of the Fairfax County Health Department, and Dr. Marwa El-Menshawi attended the celebration.

"Whether it's advocating for social justice on behalf of those in need, coming up with ways to improve the mental health of our youth or providing culturally-sensitive resources and education to the Asian community, these Community Champion winners are inspiring and commendable for all that they do."

—Dr. Jean Glossa, medical director of Molina Healthcare of Virginia

gether better ways to improve the mental health and wellbeing of the young," Lainge Bailey said.

FAIRFAX COUNTY CONTRACTS with Molina Healthcare to operate three Community Health Care network (CHCN) health centers, which serve residents of Fairfax County who are low income and uninsured. The Fairfax County Health Department

operates the centers located in Falls Church, Alexandria and Reston.

Dr. Gloria Addo Ayensu, director of the Fairfax County Health Department, said the Community Champions inspire others to make a difference.

"These are people who make a difference in our community and they deserve recognition," she said.



Women's First 4, State champions 2013.



Women's Second 4, State champions 2013.

PHOTOS BY JAN ROSSBERG

Langley Crew Wins State Championships

Langley High School crew had a spectacular showing at the Virginia Scholastic Rowing Association championship regatta on Saturday, May 11. Every Langley women's boat finished first in state, one men's boat finished first, and one men's boat finished second in state. Women were coached by Ashley Leake; men were coached by Mike Lehmann.

❖ Women's First Four—First place:

Adele Wheeler, Katie Robinson, Ashley Doll, Tyler Seckar and Stephanie Dubois.

❖ Women's Second Four—First place:

Meagan Kirby, Olivia White, Jennifer Rossberg, Jennifer Verheul and Katherine Carris.

❖ Women's Lightweight Four—First place:



Women's Lightweight 4, State champions 2013.

Sabrina Lamont, Meagan Fountain, Brittany Smith, Sierra Webb and Nirosha Beekhuysen

❖ Men's Junior Four—First place: Ben Espey, Alex Keiss, Ryan Shaw, Tillman Findley and



Men's Jr. 4, State champions 2013.

Collin Hanley.

❖ Men's First Four—Second place:

Ryan Cheng, Owen Shenk, John Waugh, Charlie Bavisotto and Liam Fitzmorris.

SPORTS ROUNUPS

Langley Girls' Tennis Unbeaten for Second Straight Season

Langley girls' tennis players Sydney Goodson, Jenny Liu, Vivian Louthan, McKenzie Malpede and Avani Hegde all secured first-team singles on the Liberty District Girls' Tennis Team. In doubles, Malpede/Liu and Louthan/Hedge secured first-team honors.

After winning the state championships in 2012 for the first time in 20 years, the



The Langley girls' tennis team won the 2013 Liberty District title.

Langley girls' tennis team enters the regional tournament as a top seed.

The Langley girls' tennis team is coached

by Josh Henry and Jan Dabroski.

Langley Boys', Girls' Lacrosse Finish District Runners-up

The Langley boys' and girls' lacrosse teams each finished district runner-up to Madison.

The boys' team lost 10-2 on May 10. The girls' team suffered a 17-9 defeat stretched over two nights (May 10-11) due to lightning.

Each Langley team competed in the first round of the Northern Region tournament

on Tuesday, after The Connection's deadline.

Langley Girls' Lacrosse Secures Regional Berth

The Langley girls' lacrosse team defeated South Lakes 1-0 on Monday in the Liberty District tournament quarterfinals, securing a berth in the Northern Region tournament.

The Saxons will travel to face Stone Bridge in the district semifinals at 5 p.m. on Wednesday, May 15.

NEWS

Members of Studio Rep, a student ensemble based out of the Alden Theatre, perform one of their shows.



PHOTOS BY
LISA HELFERT

Studio Rep Proceeds to Improv

Student ensemble hosts monthly improv nights.

BY ALEX McVEIGH
THE CONNECTION

In firefighter radio code, a Code 20 means "Proceed to fire." Over the past two months in McLean, Code 20 has meant "Proceed to improv," the latest monthly show for the Alden Theatre's Studio Rep group.

Studio Rep is a group of eight high schoolers that perform shows throughout the year. For the past few years, the group holds auditions at the start of each school year, and once the troupe is selected, they perform through May.

"The first year Studio Rep did a lot of comedy shows in the Alden, but the past year we decided to do more traveling shows around the community, and we added more pieces about social issues," said Jeff Virchow, program manager for the group. "Those shows address issues such as bullying and other issues, and we do them for church groups, Boy Scouts, Girl Scouts and other community organizations as requested."

Rosemary Ewing, a junior at the Potomac School, said she didn't know much about the troupe when she joined.

"It's mostly lighthearted stuff, with some realistic material for our traveling shows. Overall, it's quite a wide range, which is fun to be a part of," she said.

THEIR LATEST public performances have been Code 20 Improv, monthly shows at the Old Firehouse Teen Center. "These kids are so talented in every discipline in the performing arts, and I was looking around to give them a good avenue to use them," Virchow said. "And I wanted them to have some fun. The goal is to have a complete performance that's made for and by the students."

Many of the Studio Rep members didn't have previous improv experience.

"I love Code 20. I've done improv games before, but never in front of a full audience before," Ewing said. "The audience gives the shows a lot of energy, they laugh at jokes, so you have to take that into account with the rhythm of everything. Before these shows I had a lot more dramatic experience."

The improv show is divided into four parts: free association, short-form improv, an open mic where audience members can perform and one where an outside professional improv troupe comes in.

"Last time we brought in the Washington Improv Theater. It works well because I think it gives the



Studio Rep, a student actor's troupe based out of the Alden Theatre.

kids a chance to watch a group that's very strong, and they can come up with new games and learn new skills," Virchow said.

Virchow said the improv shows have been fun so far, with some unexpected results.

"The first night we had a lot of adults getting up, even a grandfather. Someone even came up and did a wonderful Shakespeare monologue, another did a puppet show," he said. "If we don't have any takers, the students are ready to go, they're trained to keep the momentum going, which is key, because if there's a lull in the action, the audience can start to tune out."

Since the students are from different area high schools, they get a chance to work with others outside their normal circles.

"It's fun to watch students from different schools come together over their love of being on stage and get along and learn new skills together," said Evelyn Verdon of the McLean Community Center, who works with Studio Rep.

THE NEXT CODE 20 SHOW will be Thursday, June 13 from 7 to 9 p.m. at the Old Fire House Teen Center, 1440 Chain Bridge Road in McLean.

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OPEN HOUSES SATURDAY/SUNDAY, MAY 18 & 19

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

Centreville

13617 Northbourne Dr.....\$649,900..Sun 1-4.....Julie Young..Samson Props..703-380-2200
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42344 Astors Beachwood.....\$790,000..Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

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6119 Queens Brigade Ct.....\$622,500..Sun 2-4.....Carrie Shokraei.....RE/MAX..703-297-2109
3737 Mazewood Ln.....\$374,900..Sun 1-4.....Debi Anderson..Samson Props..703-585-6164
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603 Adams St.....\$529,000..Sun 1-4.....Alison Sherman..Keller Williams..703-636-7306

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To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com
All listings are due by Monday at 3 P.M.

A Fluid Situation

By KENNETH B. LOURIE



I don't mean to be the least bit paranoid, but I suppose that's because, as a stage IV non-small cell lung cancer "diagnosee," I'm already the most bit paranoid. A terminal diagnosis of incurable cancer has a way of doing that to you (at least to me it has). Not to blame cancer totally for my behavior, but can you think of a more deserving and appropriate cause of this effect than the "leading cancer killer in both men and women in the United States." In fact, according to the American Lung Association, "Lung cancer causes more deaths than the next three most common cancers combined (colon, breast and prostate)."

So call me crazy (at least you can still call me – and I will answer, because I am STILL ALIVE). However, as a four-years-plus cancer survivor, if I've learned anything during my treatment, it is that symptoms manifest themselves – at their discretion, and presumably their appearance means something (as opposed to nothing which would of course be my preference). Ergo, an increase in the fluid in my lungs is nothing to sneeze at; that's because I've been too busy coughing (just kidding). But what does the existence of this fluid mean? Hopefully nothing, but it could mean something; something problematic.

An outpatient procedure: a needle aspiration of my lungs, will provide the answer. Although learning that answer comes with risks: aside from analyzing the fluid for active cancer cells, there's a possibility of a collapsed lung followed by a week-long stay in the hospital due to the penetration of the lung. And it could be all for nothing. It could simply be, as it is in 40 percent of the cases, a side effect of the targeted treatment tarceva pill I have taken every day without interruption going on nine months now. Unfortunately, we're dealing with 100 percent of it, and the other 60 percent could contain cancer cells, which opens up a whole host of "unpleasantries," none of which have as yet been discussed. Aspirate and learn my fate or sit tight and be willing to wait. It's not exactly Shakespeare, but that is my question. Made easier – to me, in that I don't have any compelling/indicating-type symptoms: no shortness of breath, no persistent cough, no weightiness in my chest, to confirm this potential life-changer. Is the cancer spreading, or is the tarceva doing what tarceva does: harmlessly side-effecting while saving my life my life, but leaving behind this "fluidy" residue? Do I even want to know or can I continue to keep on living believing that it's nothing because it's not something? (For this cancer patient, ambiguity is a way of life.)

This is another one of those mental moments, one of the many emotional cross-roads that cancer/terminal patients face. It's not exactly "The Price Is Right" where what's behind Door #2: "A New Car!" – or a tube of toothpaste (as but one of many examples) could make your public humiliation worthwhile – or not. For cancer/terminal patients however, these decisions could make your life worth living again, or it could make it worse. Where's that studio audience when you need them?

If I delay the procedure, will what I don't know now hurt me more than what I do know later? I don't know. Right now, I feel fine. Can't I just keep on pretending? I don't want to look for trouble. Besides, trouble has already found me. I don't need or want any more. Until I'm told otherwise, that is.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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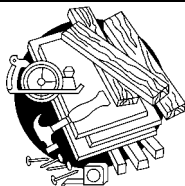
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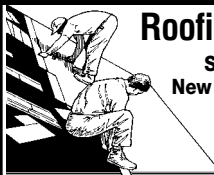
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